

Recognizing Mental Illness

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Hallucinations

- A hallucination is a nonexistent stimulus that is perceived as real
- The most common hallucination is hearing voices, however the person may also have visual hallucinations where they see a person or object that does not exist
- Hallucinated voices often interact with the person:
 - By commenting on their behavior
 - By ordering them to do things
 - By warning of impending dangers
 - By talking to other voices about the person

Delusions

- A delusion is a false belief
- Some common delusions include:
 - Being cheated
 - Being harassed
 - Being poisoned
 - Being spied upon
 - Being plotted against
- Most delusions are very grandiose and involve the person at the center of some large plot or scheme

Cognitive Symptoms

- **Cognitive symptoms:** Impairments in memory, learning, concentration, and their ability to make sound decisions. These symptoms interfere with an individual's ability to learn new things, remember things they once knew, and use skills they once had.



MANIA

- Distinct period during which mood is abnormally and persistently elevated, expansive, or irritable.
- Period lasts 1 week (unless hospitalized and treated sooner)
- Plus at least 3 of the following symptoms: inflated self-esteem/grandiosity; decreased need for sleep; pressured speech; flight of ideas; distractibility; increased involvement in pleasure-seeking activities with a high potential for painful consequences
- Some exhibit delusions and hallucinations



MD: What does it look like?

Major depression (MD) is manifested by a **combination of symptoms** that interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities, including:

- Loss of interest
- Loss of sex drive
- Restlessness/irritability
- Insomnia
- Thoughts of death/suicide
- Guilt/worthlessness
- Decreased energy or fatigue
- Difficulty concentrating/remembering
- Changes in appetite/weight
- Changes in sleep patterns
- Sad, anxious or empty mood
- Hopelessness/pessimism

MD: What does it look like?

MD is often accompanied by persistent **physical symptoms** that do not respond to treatment, including:

- Headaches
- Chronic pain
- Digestive disorders